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Papier March 27th 1826

A Thesis

On

Rheumatism

By

John Inglis

of Virginia

1817 p. 100. 101

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Rheumatism

The Science of Medicine, though long left in comparative neglect and obscurity, when other sciences more cultivated with order and enthusiasm, has emerged from the obscure station which it once occupied, and assumed that rank which as a Science and Profession it so justly merits. And, indeed, what Science can be more useful or what Profession more honorable than that, which has for its immediate object, the relief of human pain and misery and the promotion of health, without which wealth and prosperity bring with them no charms, and life itself is a wearisome journey which affords but few objects to delight, and few occasions for happiness.

In no Country is there a wider field or fairer prospect presented, than in our own, for the

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exercise of the talents of those, who are ambitious of becoming useful or eminent in the Profession. Living in a country, the vast extent of whose territory embraces almost every diversity of climate; and visited by almost every malady in the Catalogue of disease, marked by peculiar violence and intractability; surrounded, too, by almost every article in the Materia Medica, growing in luxuriance, planted by the hand of nature, or naturalized by the care of man, surely, if there is a country where perfection can be approached in the Science of Medicine, it is in this our happy land.

Conceiving it to be the duty of every man, who has in view the exercise of a Profession, to devote his time and attention more particularly to those parts of it, in which information will be most requisite when he comes to its practical application, I have selected Pneumatism as the subject of my Thesis, which, though, not the most fatal,

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yet, in consequence of the sudden vicissitudes and occasional inclemencies of our climate, is one of the most common and most painful of our diseases.

It is a subject which has been so frequently handled, and so fully investigated, by men of the greatest talents and enterprise, that it would be difficult in the present enlightened state of the science of Medicine, even for the most experienced practitioner to add any thing of importance to what has already been written: but, it is one of such great importance, that I consider it the duty of every man of the Medical Profession to make himself perfectly acquainted with it. From these considerations, and not from the expectation of being able to advance any thing new, I was induced to select Rheumatism as the subject of my Thesis.

By all writers, so far as my knowledge extends, Rheumatism has been divided into two forms, or rather stages, The Acute and Chronic. These two stages

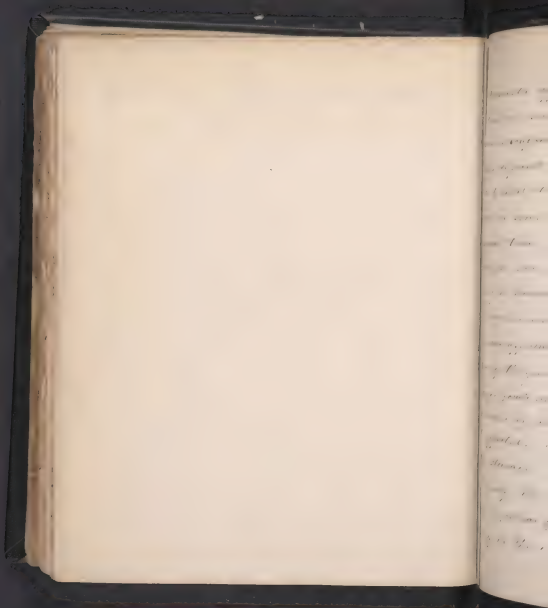
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are marked by considerable difference of symptoms,
and require different modes of treatment for their
cure.

Acute Rheumatism is distinguished by pains affect-
ing the larger joints, such as the knee, hip, elbow,
shoulder and loins. Most frequently the pain affects
but few of these parts at the same time, but,
frequently, shifts its situation from one joint to
another. Sometimes, however, several parts are affect-
ed at the same time. The pain, in this case, is gener-
ally succeeded by symptoms of Pyrexia, with a pulse
full, frequent and hard. The febrile symptoms at-
tendant on Rheumatism, suffer an exacerbation in
the evening, and the pain shifting its situation from
one joint to another becomes more intolerable at
night. The disease, if not arrested by art, usually
continues in this form, for a period in general
not exceeding two or three weeks, when termina-
tion with redness supervenes, and the pain abates

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is violent, relieved, and the patient remains except
till the exciting cause is again applied.

There is the most irregularity in the disease, sometimes
and the form in which it most frequently makes
itself manifest. It sometimes however, makes its
attack on one different part of the system, and
is marked by a few incantations, sometimes it
attacks the head, especially in children. It also
attacks the lower end of the body, the throat
and becomes painful on motion, and serves as a
medium for much work, from a cold, it is a
very common cause. Incubation also exists in
certain cases, as the virus and there has been
a strong tendency to recurrent heat, and has
been to some extent a recurrent phenomenon.
There is sometimes a strong association with
hemorrhoids, and I want to be the disease
is usually attended with some of the most
most important, but the latter disease is not a



Pneumatic affection of the intestines.

There are some diseases, with which inflammation may be confounded, and from which it is sometimes difficult to distinguish it. Of these, Gout is the one to which it bears the most striking resemblance, and in some cases, it is by no means easy to distinguish them. It may be, however, in almost every instance, some one particular mark by which each may be known. In the first place, the seat of the two diseases are different; the pain in Gout almost always affecting the smaller joints and especially those of the great toe; whereas in Rheumatism, the larger joints and those especially, which are surrounded by many muscles are most liable to be affected. Gout is primarily an affection of the stomach; Pneumatism of the extremities, especially the feet. In Pneumatism also is the riding of excitation much more generally in the evening; in pneumonia of the



are involved in this chain. ^{2nd}ly, the
colour of the affected parts in the two diseases
is different. In acute inflammation it is of
a deep red; in Lent it is of a lighter and more
diluted appearance. ^{3rd}ly, in Phlegmasia
the disease may in several be referred
to a direct cause, in Lent, which is more
involuntary in its approach, and whose cause is
more remote, we cannot with so much certainty.
The other diseases which admit of inflammation
is most apt to be engendered, in effectual and
unobscured, &c. &c. In order to distinguish it
from those, we must inquire into the passions,
mores and habits of the patient and in this way
it may in almost every instance ascertain the
nature of the disease.

It is generally conceived, & I believe that sudden
cessation of heat and cold are the most com-
mon causes of Inflammation, the disease being



most prevalent in Spring and autumn when these seasons are most frequent, and seldom occurring in winter, either warm or cold weather.

There are three circumstances which render the above action more efficient in the production of the disease. First, when one part of the body is exposed to the influence of cold whilst the rest is kept preferentially warm. Secondly, when a part is exposed for a considerable length of time. Thirdly, when the application of cold is also combined with moisture. It is in this manner that the use of damp clothing proves one of the most common causes of Rheumatism.

There is another very frequent cause of the disease, namely, Marsh Malaria it being very prevalent in some sections of our country, exposed to its influence, and then runs the disease is of cardiac origin, and, like most other diseases arising from the same cause generally



assumes the intermittent or remittent form.

Rheumatism is also sometimes produced by
excess and also reverses due to the joints.

There are causes to which, however at times
and very temporary are also subjected, but
the art does it cases of the inflammation of the
incubation is most apt to occur here & the
inflammation temporary and, all habit and
usually moves to, however it is the indica-
tion of life. It sometimes however involves
in a quagmire even in my case and is then
most apt to attack the mind. Further
it is apt to exempt from the disease.

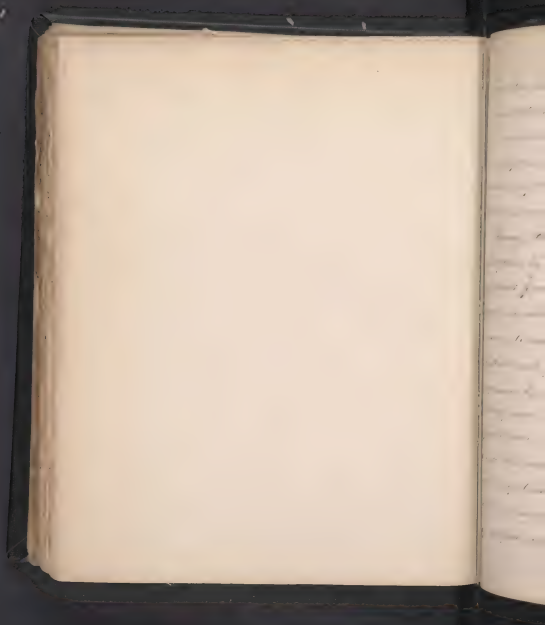
Intemperance like heat and sultriness
reproduction of new to cause a hereditary
disposition. It is more apt to attack the mind
than in our family, than to cause another thing.
They are usually exposed to the influence of the
causes which produce it. This is a fact which

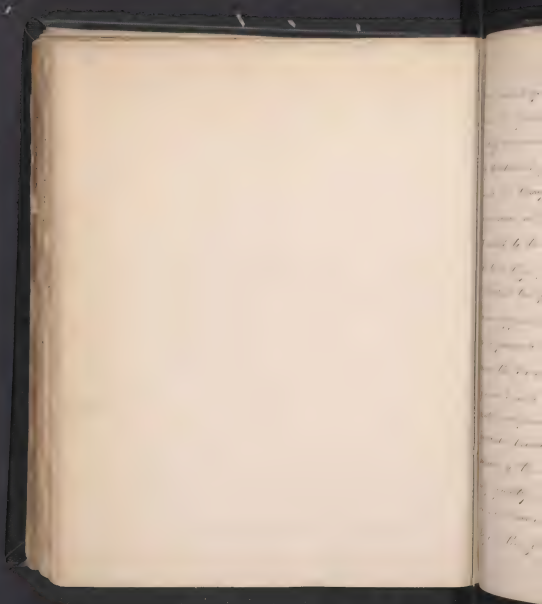


must now, I apprehend, be very rare, and has
made this disease a subject of investigation.

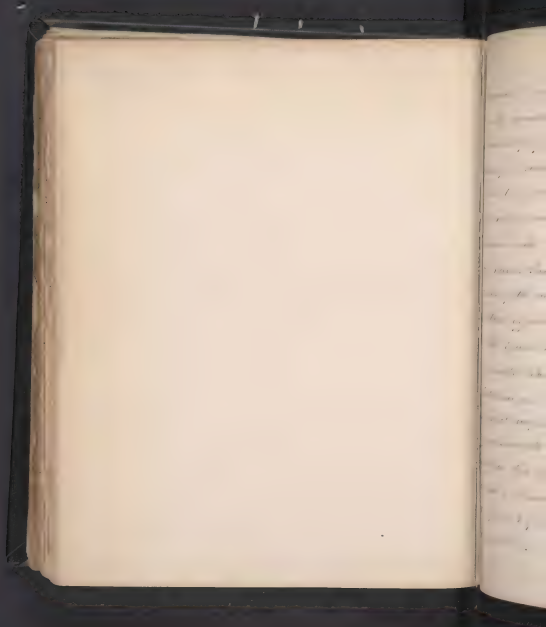
The inflammation in Rheumatism is, there-
fore, to be of a peculiar kind, and is more
of a nature similar to that in smallpox, than
varicella, or any other disease, called by common
constant Symplic. And seated in the joints
it is never terminated in suppuration, and
not rarely in effusion.

Excellent opinions have been held, with regard
to the seat and permanent cause of Rheumatism.
The former generally agreed at, is, that
the inflammation is primarily situated in the muscles,
and surrounds the joints and in the tendons and
ligaments of the muscles which are more abundant
about these parts: and that the most common cause
of the disease, arises in the joints, and is not
not prevented by extension, and thus the common
remedy, inflammation upon the joints, is



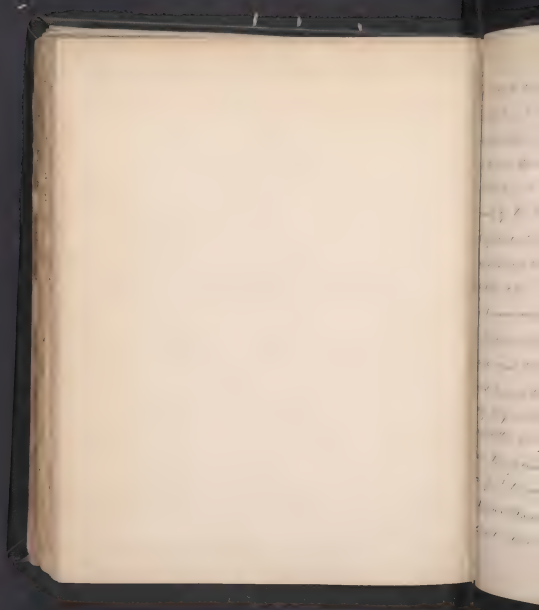






seems to extend to her whole action but is not
to be considered and even then than of the instant
action of the system of the whole body as if
there was a stimulus action to extend, they were
not to be considered the system, for the purpose
of extending the system is to extend alone as a
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The brain being generally in a convulsed state
in acute Rheumatism and the stomach and
intestines in a state of irritation are of great
importance. The system of the system is to extend
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The doctor told me that I was very much
improved, and that I was now
able to walk about, and that I was
now able to eat, and that I was
now able to sleep, and that I was
now able to live.

I think it is better to keep the
 things as they are, and not to make
 any alterations, as they are not to be
 changed, but to be left as they are.
 I think it is better to keep the
 things as they are, and not to make
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 changed, but to be left as they are.

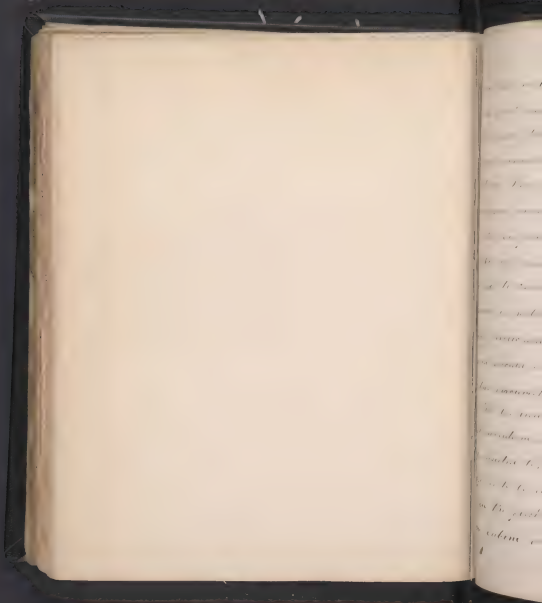
Chromer vacuolatus is similar to *vacuolatus* of West. *vacuolatus* being only a var. of *vacuolatus*.



these cases as an epidemic disease, Dr B. tells me
he found relations not been a sufficient to justify
this view of a temporary constitutional disease.
And now, mentioned themselves in the next page
of the disease.

From after the latent symptoms have ceased,
and the return and recurrences have subsided, certain
joint remains, some even still, much become in-
flamed in change of weather, and, worse, even violent,
by changes in the atmosphere; When the agent
of which cannot be made to sweat, the skin a red
and copious perspiration is induced over the rest
of the body, when the joint is relieved by warm
applications and exposed to cold air; over
when the joint, particularly affected was then sur-
rounded by many muscles, the disease is to be con-
sidered as Chronic Rheumatism, and in such
cases a modification of treatment.

The term of the disease here attention to an at-

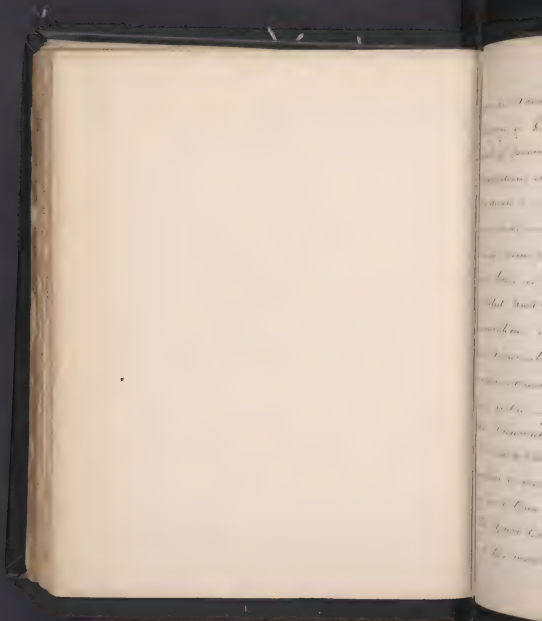


but to be used with discretion in chronic diseases, and most generally in alacritas and laetitia.

It is more than a stimulant, but it is rather from immutability derivable in the case of Inflammation. They are not only to stimulate the circulation more, but to determine the circulation to the organ of the body, they assist the vessels to become under inflammation, which are liable to be called to exercise their medical action, so that which is natural and healthy. They are particularly serviceable in those cases attended with congestion, and should be much earlier resorted to, than under other circumstances.

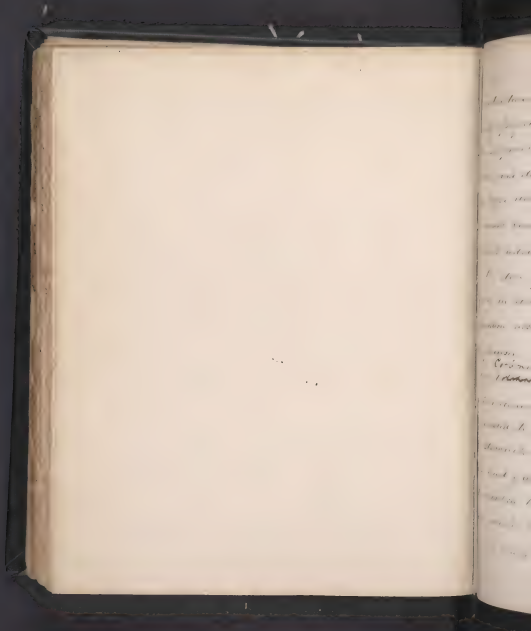
With the view of exciting anaphoresis in Chronic Inflammation, articles of a stimulating nature should be resorted to, as those from which greatest benefit is to be derived.

In the first place, I shall speak of the *Juniperus Sabini* or *Savin*. Of the utility of this ar-



hicle in Rheumatism, we have the indisputable
testimony of Dr. Haegman, that, however stimu-
lant, it promotes all the secretions, increases the
circulation, determines it to the surface, and
produces a glow and gentle warmth on the
skin, which was before cold and rigid. The
Savin seems particularly adapted to these cases
where there is great coldness and numbly ex-
posed parts, and lameness in the course of
circulation. Nor is it alone applicable to con-
sumption, but, has also been used with
decided advantage in that form of the disease
which is the result of the venereal called a
rheumatic Rheumatism.

The next article of mine I shall speak, and whose
regulation is greater and which is perhaps more essen-
tial, and than any other in chronic Rheumatism,
is the Gum Guaiacum. There are two forms in
which this medicine is generally used, the substance

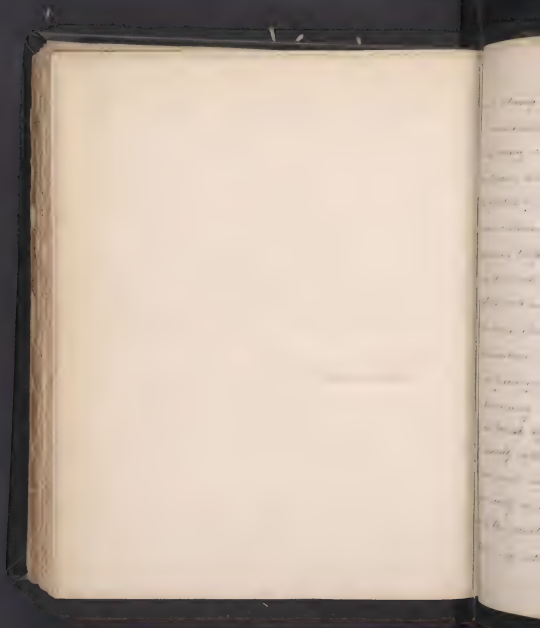


and trachea. The Volatile Structure is the form generally preferred, and there is the strongest testimony in favour of its utility. It combines both stimulant and diaphoretic properties, and, when given in large doses also operates gently upon the bowels in much cases its utility is increased. To derive fullest advantage from it, it should be given in the dose of half an ounce, and, even an ounce in some instances, in wine to be had, and its operation assisted by other means of producing diaphoresis.

Coriander fr. frorigia

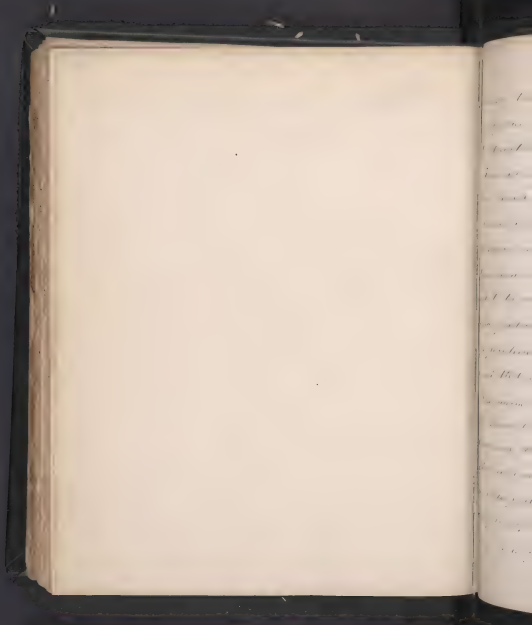
The ~~volatile~~ *Coriander* has also been much used in this disease. It obtains its full effects. It is directed to be exhibited in a large dose as the Stomach will bear, without producing nausea and gastric distress.

In addition to these there are several other remedies, which have been employed in this disease, but none of great importance is to be met with in the present



der. Coming from the Portuguese language,
 it denotes a kind of tension, tension, contraction
 and many others of the same nature, the fact that
 most even artists never combine within itself the
 frequency of a stimulant and idiosyncrasy, may,
 under certain circumstances be resorted to with ad-
 vantage, they determine the circulation to the surface,
 and thus relieve the vessels latentes under diseased
 action, and a new and healthy action is induced.

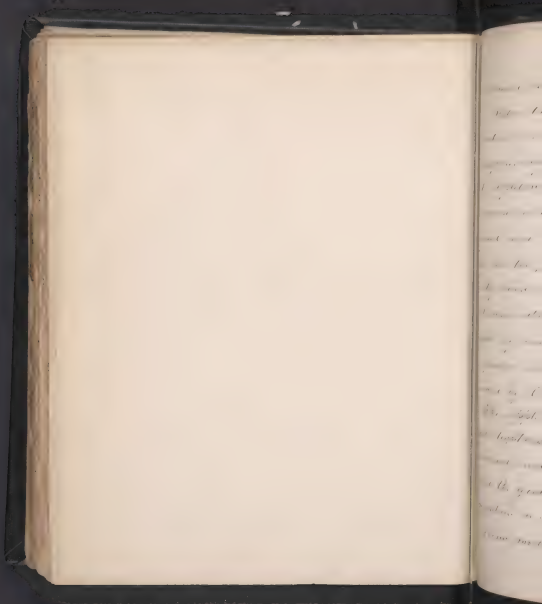
The Cortex Peruvianum, though inadmissible in ordinary
 Rheumatism with increased vascular action, yet this
 is one form of the disease which yields more readily
 to this remedy than any other, it belongs to that class
 from Marsh's Effluvia. When arising from this cause
 it usually assumes the intermittent or remittent
 form and, after the alimentary canal has been
 previously evacuated, Sars may be administered
 with the greatest advantage, in cases, however
 there is great debility and weakness, it is re-



one of the inflammatory disposition, Bath, as
one of our most useful tonics, may serve to recruit
the strength and vigor of the system.

There are some of the internal remedies, which he
has found most useful in the cure of Chronic
Rheumatism. There are also some external ap-
plications used may be resorted to with advan-
tage and which, in some cases, is almost indispens-
able to the cure. Amongst these are the cold and warm
baths, rubrics with a liniment or some stimulating
preparation, as the camphorated or volatile lin-
iment, Blister, Iodine &c.

The warm bath often proves highly serviceable.
A shower bath has also been highly extolled by
some and, when its application is attended to with
clean and warmth, and repetition of the same per-
son is directed to perspiration and not cooling,
may be extracted from the use. On the contrary,
when it is followed by exposure and depression

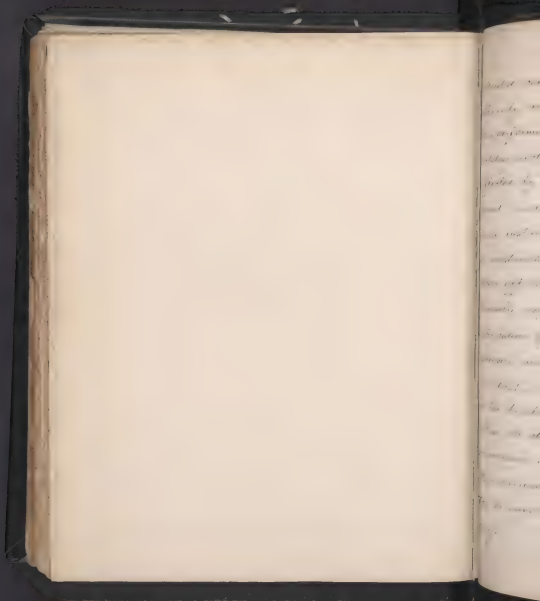


It should be immediately abandoned as imprudent.
Hudson's sometimes use of the West Indian
rubber tree, *Latex*, is a common but by most
experienced writers has been found to be
to irritate and by exciting counter irritation
and use in healing is therefore more the pain is
lessened and the cure is they are to be applied
as near the parts affected as can be done conven-
iently and should be frequently repeated.

Such is the historical statement, important in the
order of which disease and treatment is related and
the author's opinion, treatment is strongly recom-
mended by Dr. Caldwell.

The application of Camellia oil, with moder-
ate lightness to the joints, has been highly recom-
mended, and, by the softness which they give
and the gentle and equal warmth which they
maintain are no doubt highly useful.

A new mode of treating this disease has recently



attracted considerable attention in this country,
this is by an operation called decupuncturation.
It is performed by introducing a needle with a
rotatory motion, into the muscles and other parts
affected, by which very inconsiderable pain is pro-
duced, and almost instantaneous relief has in
many instances been afforded. I shall not attempt
an explanation of the manner in which this ope-
ration effects a cure, nor do I know that any
plausible explanation has been given, but if the
expectations of those whose experience is broken most
extensively, will be realized, we have reason to ex-
pect that it will be a most valuable acquisition
in the treatment of rheumatism.

When all other remedies have failed, Dr. Baldoni
recommends us to resort to the use of Muscari.
When carried to the extent of producing saliva-
tion he says "the symptoms almost always give
way."

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Whatever may be the mode pursued in the treat-
ment of Rheumatism, a scrupulous regard should
be had to regimen. In the Acute form of the
disease it should be Antiphlogistic in the strict-
est sense of the word. Without regard to this point,
it will perhaps prove alike unsuccessful. Though
a more generous and nourishing diet may be allow-
ed in Chronic Rheumatism. Yet, in this too
article of a Stimulating nature, should be prohibit-
ed as it would increase the inflammation, and
tend to cherish the disease.

Thus have I given the history of Rheumatism
as it is laid down by those authors which I
have read upon the subject, and as I think
most commonly occurs in our country. I might
have extended the list of remedies used in its
treatment to a much greater length, but, I con-
sider I have enumerated those which will be found
most important, and in fact, those which, with

previous ad-
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 able one to
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judicious administration, will in almost every case
be found quite sufficient for its cure. Being,
however, destitute of that experience which would
enable me to speak with confidence of the utility
of any plan of treatment or of any article
I have enumerated, I have only given the expe-
rience of others, and shall be fully compensa-
ted, if I shall find, that the views which I have
given are correct. I submit them to the scrutiny
of thee, whose exalted talents I respect, and whose
approbation it will be my highest happiness to
meet.

1770

John P. Smith

of

Richmond

Virginia

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